WebMD tv
HEART HEALTH

# CHANNEL GUIDE

Proudly presented by:

| *Effective October 1, 2026 thru December 31, 2026* | TURN TO CHANNEL |
|---|---|
| **PREVENTING BLOOD CLOTS**<br>12:00am/pm \| 6:00am/pm | **MANAGING HEART FAILURE**<br>3:00am/pm \| 9:00am/pm |
| **DIABETES & HEART DISEASE**<br>12:30am/pm \| 6:30am/pm | **IMPROVING YOUR CHOLESTEROL**<br>3:30am/pm \| 9:30am/pm |
| **CONTROLLING HIGH BLOOD PRESSURE**<br>1:00am/pm \| 7:00am/pm | **WOMEN & HEART DISEASE**<br>4:00am/pm \| 10:00am/pm |
| **CARDIAC REHABILITATION**<br>1:30am/pm \| 7:30am/pm | **QUIT SMOKING & TOBACCO**<br>4:30am/pm \| 10:30am/pm |
| **UNDERSTANDING ARRHYTHMIAS**<br>2:00am/pm \| 8:00am/pm | **YOUR CARE AFTER A STROKE**<br>5:00am/pm \| 11:00am/pm |
| **HEART ATTACK: MANAGING RISK FACTORS**<br>2:30am/pm \| 8:30am/pm | **HEART FAILURE: GOING (& STAYING) HOME**<br>5:30am/pm \| 11:30am/pm |

**Passcode:**

**To view more videos, visit:**

# *Looking for more information about* YOUR HEART OR STROKE RELATED CONDITION?

Go to the website printed on the front of this guide to access our entire library of **health videos and resources.***

## *Please* ASK QUESTIONS!

Speak up to stay healthy once you leave the hospital.

- Do I understand my discharge instructions? Are they written down?
- Can I eat what I usually do, or do I have a special diet?
- What activities should I avoid?
- Will I need medical equipment at home?
- Who do I call in an emergency?
- How often should I check or change my bandages?
- What medicines should I take? Will they work with other medicine and vitamins that I am currently taking?
- Who do I call if I don't feel right?
- When should I see my doctor again?

## *Questions for the doctor.*

1. _____
2. _____
3. _____
4. _____
5. _____

**Not available in all hospitals; See the program "Patient Essentials & Safety" for more information.*